



## Ladies and gents, lend me your ears

Sticking things  
in your ears  
could turn out  
to be a deadly  
proposition.

News 9

# SPOKE

A learning newsroom for journalism students

**Blast from the past**  
Conestoga college grads:  
Where are they now?

Feature 6, 7

**Kicking into high gear**  
Male Condors confident  
heading into regional finals.

Sports 12

Monday, March 3, 2008

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

40th Year — No. 8

## This ain't your grandmother's bingo!

By JOHN LINLEY

Bingo is a game that conjures up images of your grandmother and her friends surrounded by lucky troll dolls, playing to win a cash prize at the local legion hall.

When the cash prizes are changed to sex toys, it's a whole different game. One you hope your grandma doesn't come across.

This was the case on Valentine's Day, when CSI held their Sexy Bingo event in the Sanctuary.

Not your traditional bingo caller, CSI president Roxy Stanciu did the honours, calling out such numbers as "Orgasm 65" and "Balls 1."

While music with sexual undertones such as What's Your Fantasy by Ludacris played in the background, students tried to complete various lines or all four corners on their bingo card.

Instead of yelling "Bingo," winners had to yell out something sexual. They also had to complete an often embarrassing task, such as demonstrating an orgasm or their favourite sexual position, before claiming their prize.

Robin Lindner, a first-year graphic design student, opted out

of sharing her most embarrassing sexual moment with the audience after winning a dildo, but was still happy to walk away with a prize.

"Me and the boyfriend are gonna have a good time tonight," she said.

The majority of the winners were females who won sex toys like dildos and vibrators, all donated by the Stag Shop. One male contestant did end up a winner, walking away with his very own butt plug.

Shanta Pablo, a second-year materials and operations management student and winner of a dildo, was glad to win, but wanted to stress it wasn't entirely about her prize.

"I'm excited to win, but not in a creepy way," she said.

Stanciu seemed to enjoy being the bingo caller, although she did begin to run out of sexual innuendos that started with the letters in bingo.

"I'd just like to thank all the students who came out and gave their best orgasm," she said.

CSI event programmer Lindsay Silva said sexy bingo was a success, and extended her best wishes for the special day.

"On behalf of CSI, we hope everyone has a safe and sexy Valentine's Day," she said.



(Photo by John Linley)

Robin Lindner, a first-year graphic design student, shows off her winnings at Sexy Bingo on Feb. 14. All prizes were donated to the school by the Stag Shop.

## Chartwells offering student discount card

By ALEX MCNANNEY

Being a college student is tough, in the classroom and on the bank account.

That's why Conestoga College and Chartwells, the food service company that runs every restaurant at the Doon campus with the exception of Mr. Sub and Tim Hortons, have introduced a new discount food card.

They can be picked up at the bistro in the Student Life Centre.

But there's a twist to this new money saver — you can only use it in the SLC, which offers a soup and sandwich counter as well as personal pan pizzas from Pizza Pizza.

The new SLC card will be

punched for the first nine transactions of \$5 or more. Then the student will receive \$5 off their 10th purchase, as long as it is for more than \$5.

Andy Staveley, manager of Chartwells, said the college and Chartwells wanted to give the SLC a boost.

"With Dooners closing and the new restaurants coming in, we wanted to give some incentive to come to the Student Life Centre," he said.

Conestoga Students Inc. president Roxy Stanciu said the reaction from students has been great.

"I've heard nothing but good things," she said.

"I love it, personally."



(Photo by Elizabeth Bate)

## Back to driving school

A police car hit a telephone pole at Krug and Lancaster streets in Kitchener on Feb. 19. The collision caused more than \$5,000 in damage. Police would not say if weather was a factor.

## Student Life offers internships, placements

By WEI-LON LEE

Thinking about getting a summer job? Staff at the Student Life office can help.

They will be accepting applications for summer student life interns after reading week, so if you didn't get a chance to hand in an application for the fall 2008 orientation leader and info desk staff positions, you're in luck this time around.

"We have plenty of leadership opportunities here at the SLC (Student Life Centre), and we encourage anyone looking for a summer job to get an application in early," said Jessica Harrison, student life co-ordinator at Conestoga College.

As interns for the SLC, students will be working closely with the orientation leaders as well as work on projects related to fall orientation 2008.

"Basically, interns will be co-ordinating with the orientation leaders to make the orientation as fun and enjoyable as possible for new students," said Harrison.

The Student Life office is also accepting applications for work placement at the college, she said.

"We had a student on placement in the fall of last year from the human services foundation program," said Harrison. "We'll also have a student this summer from

the recreation and leisure program who will work alongside the student life interns."

If you're thinking about getting some work experience to fulfill your work placement requirements, you just might want to see Harrison.

Michael Heldman, a broadcast television student in his final year, said the work he does for the Student Life Centre is both interesting and challenging.

**"We encourage  
anyone looking for  
a summer job to get  
an application  
in early."**

*Jessica Harrison,  
Student Life co-ordinator*

"Right now I'm working on the orientation videos for the Student Life office," he said. "I want to try and have visuals from every type of program that our college has to offer."

Heldman, who is in the work placement program as a student life production assistant, plans to shoot separate orientation videos for Doon, Waterloo and Guelph campuses.

"So when new students come in, they can see their programs in

action on the screens and know what they'll be doing," he said.

But more than just making videos for the fall orientation, Heldman said he hopes to transform the current network of LCD screens located throughout the college campuses into an interactive network of information newscast which will broadcast tailor-made news for each campus.

"My goal is to make the LCD screens at the college much more dynamic," he said. "And that includes live video or webcasts."

Heldman said he is also trying to get speakers for the LCD screens at the college.

"Basically, one of my main initiatives as the production assistant is to establish the idea of a campus-wide television network," he said.

Heldman, who is also on the Respect Campaign committee, is working on making video footage available for this fall's Respect Campaign.

"It's still in a production phase, so nothing's finalized yet."

As for a placement position with Student Life?

"It depends on your program and whether there is a demand for it, but if you have some good ideas, you can convince people that you're of use, and that there's enough work for you to do," said Heldman.



## Now deep thoughts ...with Conestoga College

Random questions answered by random students

*If you could be any musician  
who would you be and why?*



"Tori Amos because she has musical intelligence and her own style."

*Yumi Sun,  
second-year  
electronic engineering*

"John Bonham. He's the greatest drummer alive."

*Paul Robinson,  
second-year  
OTAPTA*

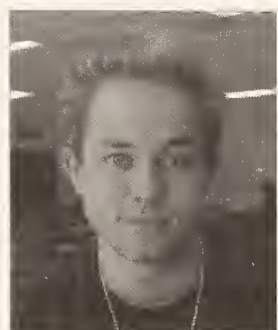


"Juanes. He's working all around the world looking for peace in Colombia."

*Lina Arroyave,  
second-year  
ESL*

"Michael Jackson because he has good dance moves."

*Julianne Dietrich,  
first-year  
engineering*



"Keith Moon from The Who; he's the best drummer ever."

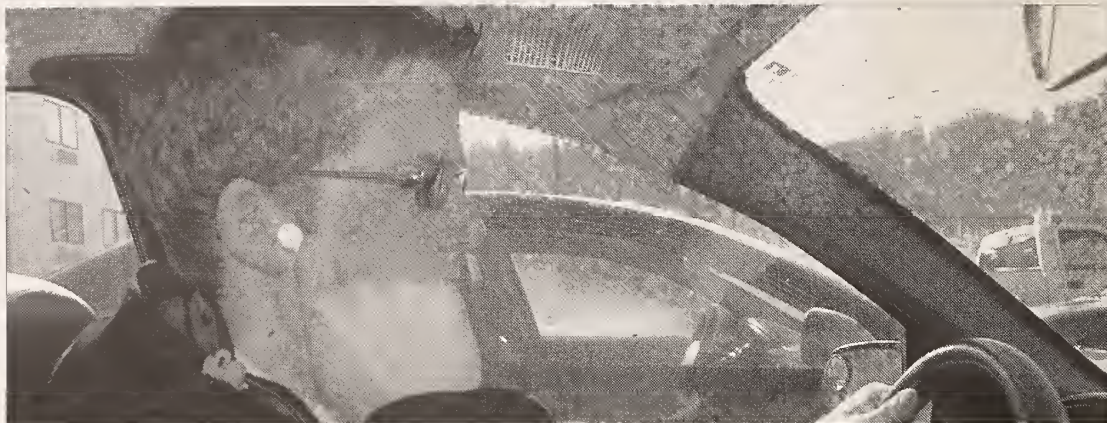
*Craig Stephens,  
third-year  
civil engineering*

"Shakira. She has good experience in her career. She works to help the poor people from her country."

*Adriana Monterroza,  
second-year  
ESL*



Smile Conestoga, you could be our next respondent!



(Photo by Marcia Love)

Matthew Rekman, a first-year nursing student, listens to his iPod while he waits in the car. iPods and MP3 players are the newest distraction for drivers.

## iPods are a distraction

By MARCIA LOVE

Most of us enjoy listening to our car stereo while we drive, but if you are turning up that iPod and tuning out your surroundings you should listen up.

iPods and MP3 players are now replacing cellphones and car stereos as a new form of distraction for drivers.

The most obvious way these devices are dangerous is because the headphones are plugged directly into the ear, greatly reducing or even completely shutting out a driver's surroundings.

However, there are also thousands of songs kept on iPods, controlled by a scroll wheel. It can be difficult to scroll through a list of tracks in search of that one favourite song while maintaining control of a

vehicle and paying attention to what is going on outside.

Brett Nichol, a first-year marketing student, said he doesn't listen to his iPod while he is driving because it is an obvious distraction.

"It just seems like a bad idea," he said. "But I don't think there could be an effective law against it because it would be kind of hard to enforce. It's hard to catch people driving and listening to iPods."

According to Statistics Canada, 26 per cent of all traffic fatalities are caused by distracted drivers.

However, it is hard to determine approximately how many car accidents may be related to the use of iPods and MP3 players, as people may not openly admit the device was a distraction.

Kate MacCallum and Matthew Rekman, both first-year nursing

students, said they would never listen to their iPods while driving because they wouldn't be able to hear what is happening around them.

"It's not very safe," MacCallum said. "But then again neither is drinking a coffee or talking on a cellphone (while driving). There are so many things out there that distract people and they don't even realize it."

A safer option for drivers to consider if they want to enjoy their downloaded tracks is to use an iPod adapter which can be plugged into a car stereo.

Though the use of an adapter does not prevent drivers from the distraction of scrolling through a song list, it does allow them to hear traffic and action around their vehicle.

### Making the Grade



~Tips for Success~

### the learning commons

Peer Services Learning Skills Services Writing Services

Get valuable advice for achieving higher marks at these sessions!

Getting the student perspective! This semester, the following sessions are co-facilitated by a Learning Skills Advisor and an iLearn.



### Learning Styles

Knowing your learning style will help you to improve your understanding of yourself by explaining how you function as a learner. Do yourself a favour; learn to work smarter not harder!

Tuesday, March 11 @ 11-12 in 2A111  
Thursday, March 13 @ 12-1 in 2A111



### Preparing for Finals

The strategies you adopt during this period will depend upon how many exams you have and how those exams are spaced. This session will help you to identify your priorities and offer you strategies for managing your final exam period.

Tuesday, March 25 @ 11-12 in 2A111  
Thursday, March 27 @ 12-1 in 2A111

Spaces are limited, drop in to the Learning Commons, 2A103 or call (519) 748-5220 ext. 2308 to reserve your space. Stay posted for more offerings throughout the semester!



# No longer an all boys club      Design the cover of the new CSI handbook

By KAYLA GRANT

Jennifer Alderdice is your typical college student. She has a boyfriend, a part-time job and bills.

What makes Alderdice stand out is her determination to pursue a career in a field that has few women.

Currently a second-year student in the electrical engineering technician program, the Elmira District Secondary School graduate has always had an interest in trades.

"It was something I was always good at."

Her school offered an extensive trades program and she took advantage of it.

"I took trade for five years, just to get as much as I possibly could," she said. "It's some of the best technical training I've ever had."

The number of women in the trades industry has gone up. According to Statistics Canada, since 2001 more women have been registered in trade programs, a field usually dominated by men. In 2001, close to 890 women were registered — that's up from 620 in 1995.

Alderdice believes the numbers are as low as they are because many girls aren't aware of their career capabilities.

"I don't think it's always presented to them as one of their options," she said. Jud Tofflemire, Alderdice's boyfriend, disagrees

and thinks most girls just aren't that nerdy.

Alderdice has a placement this semester with Samuel Canadian Machine Works, which builds assembly lines for automotive plants.

"There's a lot of robotics involved."

Alderdice said she did have some difficulty fitting in the first few weeks.

"Sometimes you won't think the same way a guy would or you'd just do it differently," she said. "The first few weeks I wasn't assertive enough."

Alderdice also said the teaching style took a while to get use to.

"Teachers teach differently for guys."

Some of Alderdice's friends and classmates joke that the reason she gets good marks is due to her gender.

Alderdice disagrees.

"I think it's their (professors) job not to. But you have the odd teacher where it's something they can't overcome."

Tofflemire, an electronic engineering technician student, said that on the first day of school he thought it was cool to see girls in his class.

"There's none left now (in his program)," he laughed. "It's pretty upsetting."

For women considering entering the trade industry Alderdice offers this advice.

"You have to really enjoy it."



(Photo by Kayla Grant)

## Winter fun

Susie Yakabuskie and Sparky 'chill' out at the uptown Waterloo Winter Ice Dog festival held Feb. 16 in Waterloo. In its 5th year, the festival invites dogs and their families to enjoy some winter fun.

Win \$500 and have your name printed on the front cover

By FRANCA MAIO

If you could design the student handbook for next year, what would you draw?

Conestoga Students Inc. (CSI) is looking for students with ideas and is hoping they will enter a contest to design the new cover of the daily planner.

The grand prize is \$500 and your name on the front cover of the planner.

Bonnie Humphries, CSI production artist, said the contest is in its second year.

"Last year's winner was Holly Polanick, a graphic design student," said Humphries, adding anyone with an interest in design is encouraged to enter the contest.

Humphries said any form of design is acceptable, including artwork created with pencil, crayons or paint or even a design created with a computer program.

She said the size of the design must be 5.25 inches wide by 8.25 inches deep and it must be submitted as a jpg or a PDF.

ted as a jpg or a PDF.

Last year's cover is a collage of cutouts placed on what looks like a wooden table.

Some of the cutouts are a dragon blowing fire at Godzilla, a movie ticket stub, stars, diamonds and the CSI website address.

Humphries said the cover was put together using the computer.

Joel Cook, a first-year business foundations student, said if he entered the competition, he would use a picture of the school with students around as the cover for the daily planner.

John Cole, a first-year pre-service firefighter, said he would put the school's mascot, the condor, on the front cover of the daily organizer.

Megan Hache, a second-year nursing student, said she would design something that represented school spirit for the cover.

Entries are due in Room 2A106 by March 31. If students have any questions about their entries, they can e-mail Bonnie Humphries at [bhumphries@conestogac.on.ca](mailto:bhumphries@conestogac.on.ca)

NOW HIRING

## Student Life Interns



Join the Student Life team and spend four months (May–August) working on Orientation, sponsorship, special events and at the Student Life Info Desk.

- \* Develop your Leadership skills
- \* Work in a fun and supportive environment
- \* Work 24 hours per week

For  
Summer  
2008

Applications are available online at  
[www.conestogac.on.ca/studentlife](http://www.conestogac.on.ca/studentlife)  
or from the Student Life Office 2A101  
Applications DUE **FRIDAY MARCH 14 2008**

Student  
inspire • inform • involve Life



## Threats of gunmen to be taken seriously

It is always better to be safe than sorry. Always trust your instincts. Go with your gut feeling.

Which is exactly what Toronto's Sheridan College faculty, staff and students did. What started off as a normal school day, quickly turned into the unthinkable as the entire school was placed under a well-executed lockdown.

Tactical officers headed into the deserted halls of Sheridan after reports of a man with a gun on campus. The college took the reports seriously and acted fast to ensure the safety and security of its population. On any given day, the campus could have 9,000 students and up to 1,300 staff members.

On Thursday, Feb. 8, thousands of frightened students huddled in their classrooms as heavily armed police searched for a gunman. The school was in lockdown for three hours. No gunman was found and eventually everyone went home that day.

In the end, the sighting was a false alarm. The man who was seen carrying a gun, was actually carrying a microphone stand.

This incident shows how seriously officials take reports of gunmen.

Sheridan College should be commended for erring on the side of caution and taking the reports of a gunman seriously.

Recent history has proven this was the correct action.

For 45 minutes on Dec. 6, 1989 a gunman roamed the corridors of Montreal's École Polytechnique and killed 14 women. Marc Lepine, 25, separated the men from the women before opening fire.

At Dawson College on Sept. 13, 2006, Kimveer Gill opened fire, killing one student and injuring 20 others. There was no time for a school-wide lockdown, although some faculty in classrooms initiated one on their own.

The Columbine High School massacre occurred on April 20, 1999. Two students, Eric Harris and Dylan Klebold, went on a shooting rampage, killing 12 students and a teacher, and wounding 23 others, before committing suicide. It is the fourth-deadliest school killing in U.S. history.

The Virginia Tech massacre was comprised of two separate attacks about two hours apart on April 16, 2007, in the U.S. Seung-Hui Cho killed 32 people and wounded many more, before committing suicide, making it the deadliest school shooting in U.S. history.

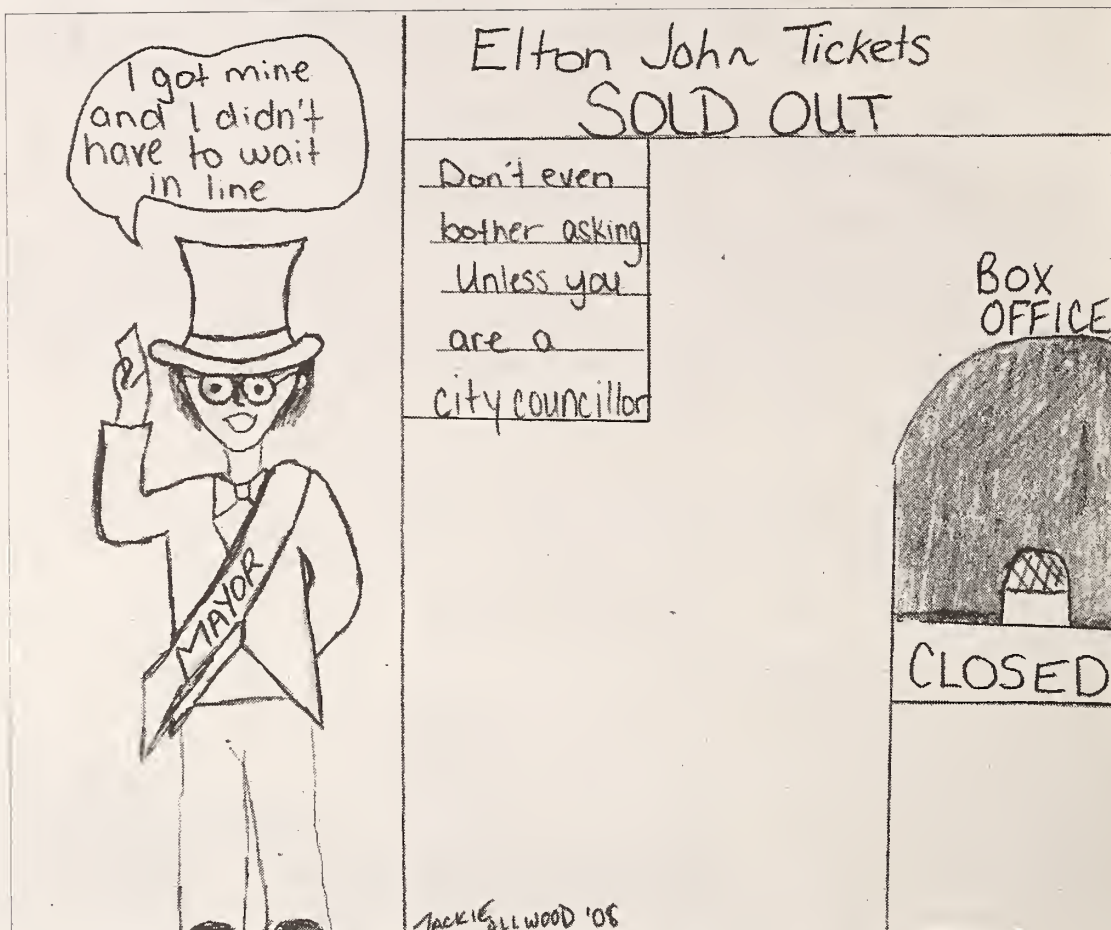
School shootings have provoked debate regarding gun control laws, the availability of firearms and gun violence involving youths. Much discussion has also been centred on the nature of high school cliques and bullying in society. The shootings have also resulted in an increased emphasis on school security.

Conestoga College has the appropriate policies and procedures in place in case of an emergency. These include students and staff being advised to never try to handle a dangerous or unpredictable situation on their own. In all cases, security services and the Waterloo Regional police service should be contacted immediately.

In the event of a lockdown, an announcement will be broadcast on the public address system. Staff and faculty should lock all doors, and everyone should stay away from windows and doors, keep quiet and low to the ground and turn off all lights.

But most importantly, staff, students and faculty must take all threats seriously, and report these to the proper authorities.

Being proactive is always better than being reactive.



## Free trade comes with a price

Food may constitute a basic human right, but according to certain stipulations imposed by free trade agreements, it is also a commodity that often comes with a hefty price.

Food has always been ceremonially, socially, monetarily — or simply nutritiously — valuable. From the fabled Last Supper to the crop scarcities in feudal France and breadth of 20th-century transnational famines, food has always held symbolic virtue and is often attributed to societal wealth and prosperity.

However, some of the conditions imposed by free trade institutions, such as the World Trade Organization, undervalue the fundamental necessity of food and, instead, allow wealthy nations to brandish it as a weapon in securing their own economic expansionist objectives.

Food has become a bargaining tool on behalf of capital interests, causing recipients — often underdeveloped nations — to forcibly subsist on the goods distributed to



Holly Featherstone

Opinion

them by donor countries.

Free trade is supposedly a means of fostering mutual economic development via trade liberalization and restrictions imposed against certain tariffs, taxes and other trade barriers.

The World Trade Organization, formed in 1995 with the intent of overseeing trades regulations and agreements, serves as a prime example of how liberalizing trade can often bolster the production capacity of donor countries, yet undermine such capabilities of nations eligible to receive commodities.

The Agreement on Agriculture, one of 60 WTO agreement mandates being rebuffed this month, has been decried as an insufficient means of supporting agricultural

development. Under such an act, commodities are only traded at lowest possible costs to ease trade. Unfortunately, this means that any subsidies or monetary incentives given to aid farmers by their governments deems that country an ineligible recipient.

How can an arrangement which prohibits agricultural growth in developing nations, while allowing donor nations to reap government subsidies, be regarded as free trade? How is maiming the economy of a nation and hindering farmers' ability to earn profit for their labour a condition without a cost?

According to an article in The Record, published Oct. 19, 2007, the World Bank hopes to intervene by emphasizing the stifling conditions underdeveloped nations face due to subsidy-free trade.

Unless the conditions between donor and recipient nations are equitable and tailored toward the self-sustainability of underdeveloped nations, I fail to see how free trade is a cost-free avenue.

### Letters are welcome



**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

**Spoke** reserves the right to edit any letter for publication.

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# College gets significant donation

By JACKIE ALLWOOD

Students in the truck and coach apprentice program attended a plaque dedication ceremony for BLM Transportation Group at the Guelph campus on Feb. 13.

Many people were in attendance, including Conestoga president John Tibbits, CSI president Roxy Stanciu, CSI vice-president Sheena Sonser and Brian Dernes, president of the fleet operations group with BLM Transportation Group.

BLM has donated more than \$51,000 to the college in support of skills training in the truck and coach industry and has pledged an

additional \$50,000 donation in the near future.

Tibbits said this donation is very important to the growth of the college and to the Guelph campus.

"Our goal here at Guelph is to be the centre for transportation trades in Ontario," he said. "I think this is really going to help us take another step in that direction."

He said it's a significant thing to be receiving \$100,000.

"It's not just one thing, it's scholarships, it's equipment, it's a refurbished classroom," he said.

Some of the money has already been spent on paint, lighting, desks, equipment for both the classroom and the shop and new

teaching utilities such as computers and digital video projectors.

Alexander Kerr, a student in one of the truck and coach programs, said he and his classmates also appreciate the donation, because it has resulted in an improved classroom and new equipment that has improved classroom productivity because students no longer have to line up to use it.

"The improvements to the classroom will greatly increase our learning experience," said Kerr.

Jim McConnell, president of BLM, was unable to attend the ceremony.

Tibbits said McConnell's father was a teacher in the School of

Business at Conestoga College a number of years ago, and the McConnell family has previously been generous in donating money to the college.

McConnell said in a press release it was BLM's pleasure to be involved in the program at the college.

"Our involvement and support is a means of giving back to the industry we love to be in," he said.

Dernes said the reason BLM put money into the program is for the students.

"It's kind of a self-centred idea in a way because what we hope to get is better people who we can have

looking after equipment and maintaining our vehicles."

He said skill trades workers and craftsmen are on the decline.

"This program provides a much-needed supply of qualified entrants to the repair and maintenance side of the trucking industry," said Dernes.

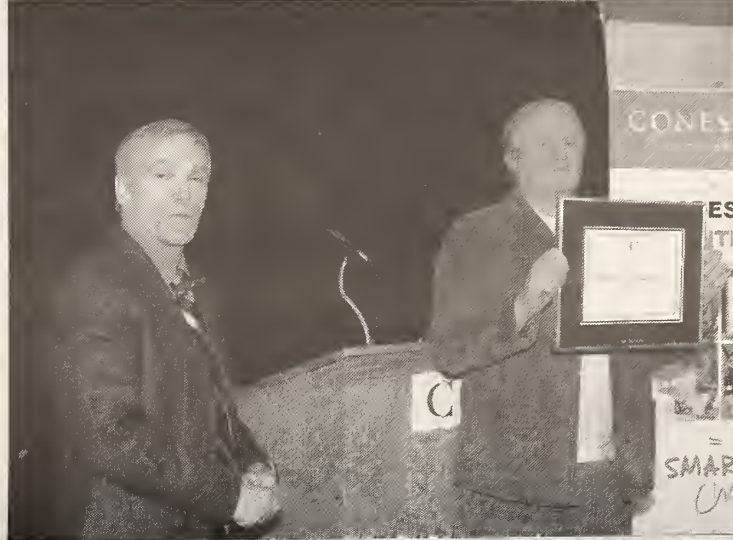
He told the students in attendance to, "Stick to your guns, stay in school and I think you'll have a fulfilling life."

Tibbits said in the future the donation will help with the Guelph campus's 7,300-square-foot addition as well as help to add more programs focused in the transportation trades.



(Photos by Jackie Allwood)

Above, Conestoga president John Tibbits and Brian Dernes, president of the fleet operations group at BLM Transportation Group, unveil a plaque, which will be placed on the door of the newly renovated classroom at Guelph campus. Top left, Tibbits presented Dernes with a certificate in gratitude for BLM's donation. Top right, Alexander Kerr spoke on behalf of his fellow classmates about how the donation will help improve the quality of education. Right, all the students from the truck and coach programs, who came to show their appreciation, stand in front of a BLM truck, which was brought in for the event.



## Help Construction of K-W

By JOSHUA KHAN

The Food Bank of Waterloo Region is looking for teams to participate in Construction, a food-raising competition that takes imagination to new heights.

Construction is an international building competition that is held in cities worldwide. Started in New York in 1993, the event has been held in more than 50 cities, including Toronto, Halifax, Windsor and Calgary.

As part of their 2008 Spring Food Drive, the Food Bank of Waterloo Region will hold the event from March 28 to April 4.

In the spirit of friendly competition, engineers, architects, designers and students will design and build structures using canned food. Once built, these structures can be as large as 10 feet long by 10 feet wide and reach up to six feet in height.

The purpose for these works of art is to donate the canned food from each structure to the Food Bank of Waterloo Region. The donations will then be used to provide emergency food for individuals in the community.

But in order to do so, the food bank needs local businesses, universities and colleges to get involved.

For \$300, a business or university/college faculty can enter a team of five individuals. The group will then showcase their creativity by building their structure during a 10-hour marathon at Conestoga Mall on March 28.

When the mall opens the following day, the structures will be on display for the public to view and vote on to determine their favourite.

For more information on how to register a team, visit the website, [www.thefoodbank.ca](http://www.thefoodbank.ca).

## COUNSELLOR'S CORNER: Problem Gambling

Casinos, video lottery terminals, Proline, lottery tickets: the opportunities to gamble are everywhere. For many it feels like a harmless means of entertainment, but gambling becomes a problem when the behaviour begins to interfere with your family, personal or school life.

Gamblers Anonymous has a list of twenty questions to determine how gambling is affecting you. For example, how often do you go back to try to recuperate what you lost the day before? Have you claimed to win money that you really lost? Do you ever hide betting slips or lottery tickets from your family? After winning, do you have a strong urge to return and win more? These are just some indications that gambling is a problem in your life.

If you are worried that your level of gambling is no longer fun and you need help to stop, talk to a counsellor. Special community programs for people with gambling problems as well as self-help groups are available in our area. Like other addictions, problem gambling can destroy your life. Sadly, that's one thing you can bet on.

A Message from Counselling Services, 1A103.



# Conestoga College grads

## Six graduates in the community talk

John Nemeth — Business



Stories and photos by  
**LEANNE MOUNTFORD**

John Nemeth thinks people should enjoy what they do every day. He definitely does.

Nemeth graduated from Conestoga's business administration — marketing program in 1989.

Upon graduation, Nemeth progressed from working at the local Canadian Tire on Victoria Street in Kitchener to securing a role as a marketing assistant at the Canadian Tire home office in Toronto.

From there, he utilized his experience as a campus rep for Labatt in the alcohol beverage business to move to a role with Cartier Wines where he called on LCBO stores from Guelph to Goderich for a year. He then worked for Labatt as a local

territory manager in the K-W area and progressed through a series of positions that led him to become the district sales manager in the Hamilton area for a number of years.

Since then, he said he has enjoyed teaching applied marketing for a semester at the college, working as a sponsorship co-ordinator for the 2007 Tim Hortons Brier and most recently as business development manager for Schut's Brick and Stone in Brantford.

"My Conestoga College experience prepared me for my initial roles as well as for the challenges that I face today over 20 years later," he said. It is something that I will never forget and that will be with me always."

Nemeth said he found that working for Canadian Tire and Labatt

part-time through school helped him learn about the culture of a company and understand how to develop a skill set to progress through the organization.

Schut's Brick and Stone, where Nemeth currently works, is a company which supplies a wide variety of clay and concrete brick, stone and masonry products as well as natural stone and landscaping products to contractors, landscape designers and homeowners in south central Ontario. It is Nemeth's job to implement strategies to grow the business.

"The construction industry tends to be very seasonal business based on weather conditions and daylight. I like to start early, so an average day begins before 6 a.m. and usually finishes somewhere

around 6 p.m.," he said.

Nemeth lives with his family in Ancaster. His wife Nancy is also a Conestoga graduate, from the journalism program in 1990. The two met in 1992 at the 25th Anniversary of Colleges during a homecoming event, which Nemeth adds was coincidentally also the evening the Blue Jays won the World Series for the first time.

The pair are active with three children and are involved in the community. Nemeth said if it wasn't for his wife, things would be totally out of control on the home front. "She is an absolute organization guru," he said.

In addition to all the children's activities, she is actively involved in their school and provides sales and marketing office assistance for a few home-based business clients.

Joy Tomasevic — Community Services

Once a Conestoga student, Joy Tomasevic has now returned to the college to help other students succeed in their academic journeys.

With a bachelor's degree in sociology and French from the University of Guelph, Tomasevic came to Conestoga as a mature student and graduated from the career development practitioner program in 2000.

As graduation approached, the principal of St. Louis Adult Learning and Continuing Education Centres asked if anyone in the program at Conestoga would be interested in teaching. Tomasevic called the principal right away and met with him. The school was getting money from the government to open career centres and Tomasevic took on the opportunity to put a course together including all of the material. She

taught a Grade 11 high school credit course called career planning, which she later developed into a co-op course, and she taught sociology as well.

After teaching at St. Louis for a year and a half, Tomasevic was hired as a learning skills adviser in the Learning Commons of Conestoga's Doon campus. Her job now is to teach students the academic skills they need to be successful such as time management, note taking and test preparation.

She meets with 100 to 125 students per semester. Sometimes students come in to talk just for an hour while other students come on a weekly basis.

Tomasevic works 8:30 a.m. to 4 p.m. Monday to Friday. When she is not meeting with students, she is constantly working on projects for

the current term or the following fall.

Tomasevic, along with Bonnie Lipton, the learning skills adviser for students with learning disabilities and attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD), came up with a new initiative called iLearn where students are hired to work with other students and teach strategies to help them do well on such things as multiple choice testing and time management. This helps with the three- or four-week wait list Tomasevic has for meeting with students.

Another important job Tomasevic has is keeping the website up-to-date. Tomasevic and Lipton continue to add changes and are working to stream study tip videos on to the website along with instant messaging.

Tomasevic also heads up the

learning group program where she oversees 12 student leaders who run free study groups for certain courses which have been identified as historically difficult. These groups run an hour each week.

She also runs a seminar through continuing education once a semester in the evening about learning as an adult and also teaches a distant education program through WebCT, three hours a week on top of her normal work. The distant education program educates women on how to build careers.

Tomasevic is a big believer in education. While working full-time, Tomasevic also completed her master's degree in adult learning and education at Athabasca University through distance education. She received her degree in 2006.



Dev Handa — Technology and Trades

You may think renovating a kitchen or basement is a big project but that barely scrapes the surface for Dev Handa.

With a lot of education behind him including a master's degree in real estate development, Handa graduated from Conestoga College's architecture, construction engineering technology program in 2006.

He took the summer off after graduation and did some travelling to Cuba and the United States. When he returned he decided to approach Bernie Melloul, president of Melloul-Blamey Construction who Handa had met while a student representative on the program advisory committee. Handa spoke with Melloul about a new housing division idea he had floating around in his head. Melloul told him to write down his passion on paper. After quite a few meetings and discussions, Handa's idea was given a green light in October. Handa said if he had started his own business, he wouldn't have

the credibility, support or resources he has with Melloul-Blamey backing him.

Handa's idea was to get the company back into the residential sector by creating modern green dwellings in an idea known as metamorphHOUSES. The idea was to take existing houses and completely renovate them from scratch to the client's specifications. The houses will be made with environmentally-friendly products.

Handa has started the first metamorphHOUSE, his own, which will become a model home for people to view.

He realizes this is a big risk for the company and wanted to show his dedication by becoming a partner for this project, meaning he will only make money if the company makes money.

Handa works 8 a.m. until 5 p.m. Monday to Friday and will work evenings and weekends when necessary.

He does everything imaginable from design work to construction and as the project progresses, he

will be meeting with potential clients and handle the marketing of the houses. Due to all the different

jobs Handa does, he has given himself the title of chief innovator.



The very first metamorphHOUSE.





# — where are they now?

## about their journey after college

Melody Frizzell-Pershad — Health Sciences

Dealing with life and death isn't an easy task, but Melody Frizzell-Pershad manages to cope with this tough situation every day.

Frizzell-Pershad graduated from Conestoga College's registered nursing program in 2003. Before graduation, she was offered a full-time job working in the emergency department of Hamilton's Henderson hospital as well as a part-time job at St. Mary's General Hospital in Kitchener in the intensive care unit (ICU).

She decided she wanted full-time hours so after graduation in December, she battled the snowy drive to Hamilton. She was quite happy when she received a phone call from St. Mary's a couple of

months later, asking if she would work for them full-time. She accepted and now works in the ICU.

Frizzell-Pershad works a six-week rotation with varied work days and weekends. She is supposed to work both a day and an evening shift, but Frizzell-Pershad asked another nurse to take her day shifts and she would work all the night shifts, which start at 7 p.m. and finish at 7 a.m.

She said she chooses to work nights because it is healthier for her body then switching back and forth.

At the start of her shift, Frizzell-Pershad spends approximately 15 minutes listening to a verbal report

from the day-shift nurse who gives a head to toe assessment of the patients.

Once that is finished, she does her own assessment in each patient's room and then continues to do an assessment every four hours. The patients are continuously monitored by cardiac monitors. She also gives them their medication and bathes them if possible.

The unit which she works in consists of 14 bed. Six are for cardiac care and eight are for the medical surgical intensive care unit.

She is usually left to deal with intensive care patients because that's her specialty.

Frizzell-Pershad said the toughest

part of her job is seeing lives cut short. She said it's difficult to see someone in their 80s or 90s die even though they had a full life, but it is even harder to see people in their 20s, 30s and 40s die.

She said the job is especially rewarding when someone they thought was going to die survives and gets better. It is even more rewarding when these former patients come back to visit or send cards.

In the future, Frizzell-Pershad would like to travel to different countries for short stints, providing treatment to different people. However, she wants to wait until her 17-month-old daughter is a bit older.



## Jolene MacDonald and Julie Knowles — Applied Arts

The graphic design industry is demanding, but that didn't stop two Conestoga graduates with a passion for creativity from venturing out and starting their own company.

When Jolene MacDonald was in her last year of the graphic design and advertising program at Conestoga College, she decided to get her co-op placement done early. She secured a position with MarketForce, a pharmaceutical company located in Cambridge. After two week of working with the company, MacDonald was offered a full-time job, which she accepted. It was at MarketForce where she first met her future business partner, Julie Knowles.

Knowles, who graduated from the program in 1997, two years before MacDonald, accepted a job at MarketForce after a former classmate who worked there recommended her for a job.

MacDonald and Knowles became good friends and even travelled to Italy together which gave them a chance to bond further.

The two women, who both had their own freelance businesses on the side began talking about how they would each like to start their own company.

After a few years of working at MarketForce, MacDonald decided to leave and accepted a position as a designer for the City of

Kitchener.

Knowles had to stop her freelance business because she was getting overloaded with work. It was then that she realized she had enough work to start her own business. After discussions with MacDonald, the two decided to open their own company and Two Blonde Chicks Inc. was born.

After a couple of prior locations, Two Blonde Chicks now resides at 131 Weber St. W.

MacDonald and Knowles work from 9 a.m. until 5 or 5:30 p.m. Monday to Friday and often work right through the day without taking lunch breaks. They also work some evenings and weekends depending on the demands of projects.

With only one full-time employee, MacDonald and Knowles can have up to 50 different projects to work on at once. They hire subcontractors when needed.

The company does design work for different businesses and organizations. They have created branding for Huron Country and the Children's Museum located in Kitchener. They design everything from corporate identities, like logos, tradeshow displays, ad campaigns, brochures and marketing materials and now offer full service marketing and communications plans.

When a client is interested in getting a corporate identity, they will



meet with MacDonald or Knowles for about an hour to discuss what they want. The process of developing an identity takes about one month. MacDonald and Knowles start with researching what the business or organization is about. The client is then shown three to five logo concepts, which are done from scratch. The client then gives feedback on the concepts. Revisions are made before a final draft is shown to the client for approval. Once approval has been given, the logo can be added to items like letterheads to create a final package. "Everything we do has a purpose," said MacDonald. "We don't pick a colour just because it's pretty."

### ADVICE FOR STUDENTS

If you are interested in starting your own business, Knowles suggests you work for someone else for at least five years to gain experience and contacts. Knowles and MacDonald recommend you have a creative resume and to put the extra effort forward. In this industry, you need to be able to take criticism well.

If you can do something you are passionate about, even if it's lower paying than another job, Handa says go for it. It's easy to make assumptions or to fit into the notion of what others think you should do,

but you shouldn't shortchange yourself. Don't be afraid to turn down the first job you are offered.

Frizzell-Pershad spent a couple of months before graduation researching jobs so she would know exactly where she wanted to work. She said it's nice to have your pick rather than have to settle for a job just because it's a job.

From a career development perspective, Tomasevic says people need to follow what's in their heart and not in their head. They need to be working in an environment that

is equal to who they are. Just because your education is formally finished, never stop learning. Always keep learning because that's what the nature of our workforce is right now.

Nemeth says be proactive, show initiative and do the right thing. Always, think about how you like to be treated as a customer and how your owner or manager would want things completed. In essence, treat your work like it was your own business. Act like an owner. This will help you make the tough decisions that have to be made.

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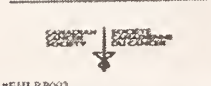
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# Supper made easy

By **KERRY REED**

Preparing supper just got easier with help from SupperWorks.

The business, located at 283 Northfield Dr. E., in Waterloo, is a unique meal assembly kitchen where employees do all the washing, chopping, grating, slicing and clean up. In return, customers receive ready-to-cook delicious meals.

"We do everything for you," said Candace Wagner, co-owner of the Waterloo SupperWorks. "There are no stoves in our facility; it is completely preparing the food to be cooked at the customers' own home."

SupperWorks provides the ingredients and the menu. Every month 14 new entrees are provided and you can view the menu a month in advance on their website. The February menu includes: baked pasta Florentine, balsamic pork tenderloin, cornmeal-crusted sole, creamy herbed chicken, hearty beef 'n barley stew, soup, maple-kissed pork chops, penne with tomato-vodka sauce, ricotta and fieldberry crepes, roasted pumpkin and wild rice wraps, salmon with herbed couscous, steak with tangy raspberry sauce, unstuffed beef and pepper stew and white chicken chili.

"The most popular items on the menu this month are the balsamic pork tenderloin and the creamy herbed chicken," said Wagner.

There are four kinds of meal packages available with each meal serving four to six people. The 12-entree option costs \$294, the nine-entree option costs \$234, the six-entree costs \$159 and the three-entree option (the staff prepares the meals) costs \$99. The other option is to split the meal sizes in half and be able to serve two to three people to make 24-, 18-, or 12-meal options. Splitting the entrees adds an extra cost on top of the base rates.

Customers do not have to pay any additional cost if they assemble the meals themselves. However, if SupperWorks prepares the meals an additional cost applies of either \$40 for 12 entrees, \$35 for nine entrees or \$25 for six entrees.

Lori Ramseyer, a repeat customer from Elora, said, "I love coming here. I can prepare nutritious meals for an entire month at a time and my kids really enjoy most of the food."

Booking an appointment can be done online at [www.supperworks.com](http://www.supperworks.com) or by calling 519-568-5630. When booking the appointment it must be four days in advance and you have to have already looked at the online menu and know what meals you want to make.

After booking the session, you can use all the equipment, aprons, Ziploc bags and the recipes available at each preparation station to prepare your meals.

Once you have made each meal you can store it in their refrigerator until it is time to pack up. The only thing you are required to bring is your own cooler, box or even laundry basket to transport your meals home.

"SupperWorks is different from anything out there because it allows you to make healthy, nutritional meals that have no preservatives in them," said Wagner.

"The meals are home-cooked family meals that are easy to make."

"This service is especially good for college or university students because it allows them to work on a set budget and can potentially make a month worth of meals."

SupperWorks is a Canadian company. It started two years ago in Oakville and now has 13 locations all over southwestern Ontario. The Waterloo location opened in July 2007.

"People definitely take advantage of our services, it seems to be a very popular business," she said.



(Photo by Kerry Reed)

Renee Ramseyer, 16, and her mother Lori Ramseyer travel from Elora to SupperWorks, a meal assembly kitchen located in Waterloo to prepare a whole month worth of meals.





(Photo by Jennifer Marko)

First-year general arts and science student Stacy Dobson had not heard of the Quebec man who died after cleaning his ears with a cotton swab, but says it's a shame.

## Despite what you've heard, cotton swabs can be risky

By JENNIFER MARKO

When your mom told you not to stick things in your ears, she knew what she was talking about.

Last year, a cotton swab was linked to the death of a 43-year-old man in Quebec. He suffered an infection from meningitis in his outer ear that spread to his inner ear, where he had earlier punctured his eardrum while using a cotton swab.

Jen Mohaupt is a registered nurse and professor of nursing at Conestoga College.

She says people shouldn't be sticking anything in their ears because there is a risk of obstruction or infection.

"You could lose a piece of the cotton and cause an obstruction," says Mohaupt. "If it is contaminated you could cause an infection."

Mohaupt says a person will know if they've injured themselves with a swab if they have any pain or discharge. She also says that if this occurs and it feels urgent then they should visit the emergency room or make an appointment with a general practitioner.

"Again, it is not a good idea to put anything in your ears; cotton swabs are not sterile, so don't use them for anything that requires sterility; ie. Never put it in a wound or open sore," says Mohaupt.

Third-year health informatics management student Lindsay Willits says she already knows it's dangerous to stick cotton swabs in your ear canal.

"You're not supposed to put anything smaller than your pinky finger into your ear canal," she says.

**"People use cotton swabs everyday without even thinking about the dangers that exist."**

*Lindsay Willits,  
first-year general arts and  
science student*

She says she heard about the Quebec man and his death.

"I think it's sad with all the safety precautions that are out there nowadays that someone can get hurt and die from something that is so simple and common," she says. "People use cotton swabs every day without even thinking about the dangers that exist."

Willits says more emphasis should be put on the dangers of cotton swabs, but it should not go overboard because strange things happen everyday.

"It gets to the point where safety warnings on products is ridicu-

lous," says Willits. "People just need to practise common sense and learn from an early age not to stick objects into their ear canal."

First-year business foundations student Jenny Watson also knows it's dangerous to stick cotton swabs in your ears.

"The majority of people are taught this since birth," she says.

However, she did not hear about the man in Quebec who died. She says people should know the risks.

"Right on the box it says not to stick them in your ears," Watson says. "People should just wash their ears with a warm wash cloth and go to their doctor if wax builds up."

First-year general arts and science student Stacy Dobson says she didn't hear about the man who passed away either. She says it's a shame.

"I think it's unfortunate that the person died, but people should have some common sense," she says. "If you stick a foreign object in almost any part of your body and it gets infected, you could die."

Dobson says she thinks the warnings on cotton swab dangers is fine as is.

"I personally love having clean ears and 'risking' my life with a Q-Tip just gets my adrenaline going," jokes Dobson.

### HEALTH CARE TIP



### WEIGHT CONTROL

Need to lose some weight? Follow Canada's Food Guide and try cutting down the overall number of calories in your diet, particularly those that are high in fat. Remember to exercise and weigh yourself regularly and above all give yourself a pat on the back for each pound that you lose.



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# HOROSCOPE

Week of March 3, 2008



## Aries

March 21 - April 19

When someone offers some constructive criticism this week don't get offended. Instead use your optimistic attitude for correcting your mistakes. This is a good week for self-improvement.



## Libra

September 23 - October 22

This week will be perfectly balanced with work and play leaving it a stress-free week. Do anything you enjoy doing and try to incorporate some friends in with your fun. It will turn an enjoyable experience into a memorable one.



## Taurus

April 20 - May 20

You are very dependable and people come to you for help. A friend will approach you this week, do not run to their assistance, they must learn this lesson on their own. Instead, make plans to have a quiet dinner at home.



## Scorpio

October 23 - November 21

An opportunity for vengeance will present itself this week. Make your choices carefully or you might sting the wrong person. Sometimes it is better to let bygones be bygones. Look forward instead of backwards.



## Gemini

May 21 - June 21

Use your gift of persuasion this week to get a head start on a major group project. It's your time to shine as a leader, get your group together to decide who is going to do which part of the assignment.



## Sagittarius

November 22 - December 21

A now or never situation will present itself this week. Put your all into it and you'll come out with new exciting opportunities sure to benefit not only your career but your love life as well.



## Cancer

June 22 - July 22

Cancers are a very intuitive sign. You may feel lost lately, but the realization of what needs to be done will come in the form of a dream this week. Keep pen and paper nearby so you don't forget important details.



## Capricorn

December 22 - January 19

Capricorns tend to have problems with their joints and knees. If you're feeling stiff hit the gym to loosen up. The workout won't only make you feel more energetic but happiness will be found there.



## Leo

July 23 - August 22

You will feel unappreciated and pushed out of the spotlight this week. Use this time to consider what you want. Your dominate keywords I WILL will be useful, just be sure to follow through. Keep your eyes open for a new opportunity.



## Aquarius

January 20 - February 18

Arise to the challenge of a debate this week even if you're not fully into the issue. The debate will prove to be an intellectual exercise for you helping to ward off boredom in classes. Avoid your dominate keywords in debate, I KNOW, because you may not.



## Virgo

August 23 - September 22

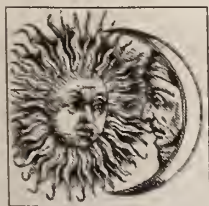
An unusual problem will present itself this week. Don't complicate the problem like you usually do. Use your logic and you'll realize often the simplest explanation is the correct one.



## Pisces

February 19 - March 20

Pisces are very affected by their surroundings. If you find yourself becoming bitter or angry pay attention to what is around you. The solution may be as simple as relocating yourself or hanging out with friends you haven't seen in awhile.



Jennifer Sprach is a third-year journalism student holding fate in the palm of her hand.

# Anatomy of Deception a medical mastery

By ELIZABETH BATE

Lawrence Goldstone knows fans of mystery novels are notoriously picky and his new novel, *The Anatomy of Deception*, won't disappoint them.

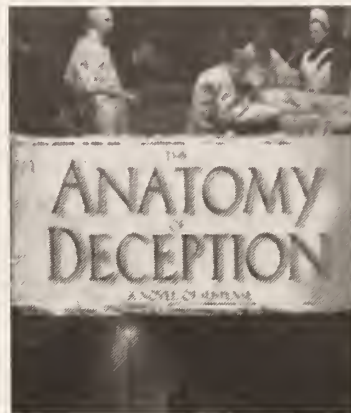
*Deception*, published by Doubleday Canada, is Goldstone's second fictional book and will be his second hit.

Like his first novel, *The Interpretation of Murder*, *The Anatomy of Deception* is a medical mystery thriller. Goldstone, a journalist and author who has written several non-fiction works on medical history and book collecting, is well-suited to this kind of novel.

Evoking the spirit of Conan Doyle, *Deception* is a Victorian era thriller that entwines history with prose so well that no suspension of disbelief is required on behalf of the reader.

The novel is about Dr. Ephraim Carroll, a physician who has come to Philadelphia in 1889 to learn anatomy and what was then the new science of forensic medicine.

Carroll unwittingly becomes a forensic detective after performing an autopsy on an unidentified murder victim during a routine learning



(Internet photo)

experience.

The book prominently features famous Canadian Dr. William Osler. Osler is noted for his work in human anatomy and bringing modern techniques to autopsy procedures.

Though not the book's main characters, Osler and other historical figures featured throughout the book create a rich world that sucks the reader in and won't let go.

Goldstone's addition of so many factual details makes it easy to forget that one is reading a work of fiction. This only adds to the suspense of the novel, which grips the reader until the very end.

Although many of the characters, background and medical information presented are historically accurate, the novel is indeed a work of fiction, which is made clear by the author's note at the end of the book.

Be careful about reading this before you've finished the story, however, as it contains spoilers and indeed, gives away the identity of the murderer in the first paragraph.

As the story is written from Carroll's point of view, the murderer is not obvious to the reader until the end of the book and knowing this information will almost certainly spoil the story.

Goldstone's intimate knowledge of medical detail makes *Deception* an incredibly rich work of fiction, however, for those with either a weak stomach or a lack of knowledge about medical terminology, the book may be frustrating. The imagery is graphic, as is the language and readers that cannot handle this will undoubtedly hate the book.

That being said, this is one of the best mystery novels I have read in recent years and I cannot wait for Goldstone to write another one. Do yourself a favour and pick it up.

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2007 Award Winner – Peter Findlay.....VM. 3881  
School of Liberal & Media Studies – Paul Scott.....ext. 3496  
School of Business – Anna Bortolon .....ext. 3351  
School of Engineering & Information Tech. – Kristin Higgins.....ext. 3309  
School of Health & Community Services – Mary Elizabeth Roth...ext. 3913  
School of Trades & Apprenticeship – Fred Fulkerson.....ext. 3829

The Chair of the Committee (non-voting) is Edith Torbay, Chair  
Professional Development

.....ext. 3381

Nominations **open** on January 15, 2008  
Nominations **close** on March 10, 2008



# Condors confident heading into regionals

By AARON O'CONNELL

In their last tournament before regionals, the Conestoga women's indoor soccer team allowed only four goals in three games, but still could not pull out a win.

Despite the losses, Coach Aldo Krajcar was very enthused about his team's effort on Feb. 16.

"All three games could have went either way," Krajcar said. "We had plenty of chances to score all tournament, but just couldn't find the

back of the net."

This was the second tournament of the year for the women, held at Sheridan College, and was a good test for the Condors, playing highly competitive Toronto area colleges.

In their first game of the tournament the Condors faced a highly skilled Durham College squad.

"We played very well against Durham," said Krajcar. "It was 0-0 until the last six minutes and they (Durham) got a couple quick goals

"We actually were outplaying them for parts of the game and they are ranked near the top of the entire province," he said.

Conestoga's defence was solid throughout the tournament. But they lacked goal scoring, being left off the score sheet in all three games.

Krajcar said obviously offence is something the team needs to improve on going into the regionals, which begin on March 4 in Toronto.

But he feels his team will do well

especially if they get a bit more and get some better goaltending.

"These two tournaments have been good for helping us develop as a team and build chemistry," he said.

"We have a volunteer goalkeeper who usually plays out and that kind of hurt us this tournament, but if we can get some better goaltending then we should be fine," added Krajcar.

One thing the Condors won't lack when approaching the regionals is confidence. Krajcar said confi-

dence is something they have gained from the two invitational tournaments.

"The girls are starting to believe in themselves and are confident they can be a contending team in the regional tournament," he said.

The final scores at the Sheridan tournament were a 2-0 loss against Durham in the first game, a close 1-0 loss to George Brown in the second match and another 1-0 loss to Humber in their final game of the tournament.

## Heartbreaker in the rec centre

By CHARLOTTE PRONG PARKHILL

The Condors were tired, sore and short-handed, but they almost earned top spot at the women's extramural hockey tournament.

Conestoga took second place at the final tournament of the season Feb. 15 at the rec centre.

Things looked bleak going into their first game against St. Lawrence College, with only three extra skaters and no coach.

And the St. Lawrence group was confident.

Coach Mike Pettinella said his team made it to the finals at the previous tournament, although they lost.

"We take it seriously, but most of all we have fun," he said just before the 8 a.m. contest. "We'll definitely be competing."

Little did he know that after a long day these same two teams would square off in the finals.

Conestoga's scrappy, self-coached squad beat St. Lawrence in the first match after a shootout

goal from team leader Tara Davidson closed the game at 3-2.

They carried their winning momentum into game two against Sheridan with four early goals, including two from Kayla Bruce. Sheridan answered with two, but it was too little, too late. The final score was 4-2.

The Condors again poured on the power in their semifinal. Up against a tough team from Humber, they scored three quick goals in a rough, penalty-filled game. Humber squeaked one past Conestoga's solid defence to end the game 3-1.

The Condors then headed to the final looking to beat St. Lawrence again, hoping to get their fourth straight win and the tourney title.

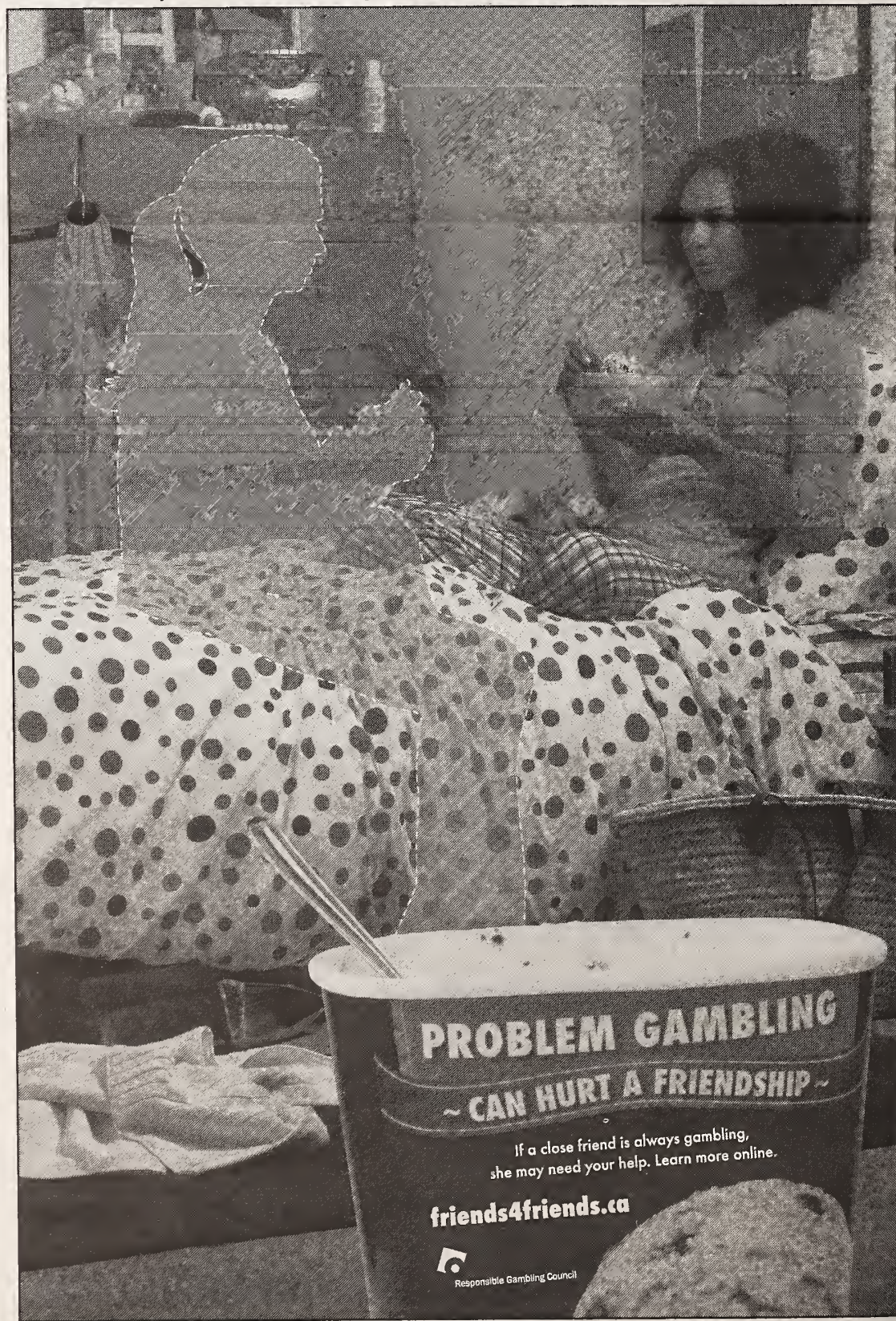
But St. Lawrence, reveling in an easy semifinal win, was too much for the battered and bruised Condors.

They pounded the net with shot after shot and finally slipped one past with only four minutes left in the third period. This not only gave them the win, but the tournament crown.



(Photo by Charlotte Prong Parkhill)

The St. Lawrence College goaltender blocks a Condor shot during the first game of the women's extramural hockey tournament. Conestoga won the game 3-2, but lost to them in the final.



## Men's team in tough

By AARON O'CONNELL

The men's soccer team travelled to Sheridan College on Feb. 16 to face some of the top teams in the province.

The first game was an early 9 a.m. start against the Durham Lords and it was the Lords who got off to a quick start.

"It was 2-0 only five minutes into the game," coach Geoff Johnstone said of their first match. "We were down two before we even woke up."

The rest of the match was evenly played with each team trading goals and plenty of chances at both ends.

Although the Condors pressured for most of the second half they could only manage one goal and suffered a 3-1 loss.

Conestoga did not fair any better in their second matchup against a talented George Brown team who won the Conestoga Invitational earlier this year.

The game ended in a lopsided 6-0 victory for the Huskies, mathematically knocking the Condors out of the tournament.

Conestoga was missing their starting goalkeeper and their top goal scorer for the entire tournament, but Johnstone was not making any excuses.

"We had chances to score in both games, but we just didn't. We are still developing as a team and will use these two tournament experiences to help build as a team," he said.

With nothing but pride on the line, Conestoga faced Humber College in the final game of the tournament but fell a bit short in a close 1-0 game.

"I played all my players to be fair this tournament and it seems that the Toronto teams have a lot more depth than us," said Johnstone.

"The three teams we played are probably three of the top four in the province and are much better teams than we will see come regionals," he added. "I am very proud of the guys and now we can look forward to the regionals."

The regionals begin in Toronto on March 4 and Johnstone said there will be some changes in order to be ready.

"Now that I've seen who plays well together, I'm going to try to get a few extra practices in to get the players to know each other a bit better," he said. "I usually go with only two lines for regionals so whoever is working the hardest will be rewarded with playing time."